



3 - Porcelain



6- VOM

## Brief Notes

### Road Tax

Road Tax 2005 is April 18-20 at the Showboat Theatre. There will be two opportunities to pay: 9:30 - 11:30 a.m. and 1 - 3:30 p.m. The following documents will be required: Vehicle registration, JCI, 2004 road tax receipt (two colors: yellow-automobile tax stamp and white-light vehicle tax stamp) and liability insurance. Only payments in yen will be accepted. **'Y' plate vehicle owners are reminded that during the above dates and times, road tax can only be paid on base.** All tax office representatives will be on base and will be unavailable at the city tax office to process 'Y' plate taxes. **See the complete table below.**

### 2005 Road Tax Table

**License plate numbers beginning:**

**Truck** 11Y

**Your road tax is:**

32,000 Yen

**Ordinary type vehicle**

33Y, 300Y, 330Y, 329Y and 300E up to 4,500 cc

**Your road tax is:**

19,000 Yen

**Above 4,500 cc**

**Your road tax is:**

22,000 Yen

**500Y, 55Y, 530Y, 529Y, 400Y, 44Y and 500E**

**Your road tax is:**

7,500 Yen

**Light motor vehicle**

580A, 480A, 40A and 50A

**Your road tax is:**

3,000 Yen

**Motorcycle** A and 1A

**Your road tax is:**

1,000 Yen

**Autocycle** A, B and C

**Your road tax is:**

500 Yen

### USO Notes

**Movie night** will be held at the Fleet Landing every Wednesday at 7:30 p.m. Free popcorn and drinks will be served. Call 252-3866 for more information.

For info on **other USO programs** or services call Bridgett at 252-3866.

See more USO Notes on **Pg. 7.**

### DUI Counter:

7 days as of April 14

# Sailors participate in 'Amazing Race'



*The Commander, Fleet Activities Sasebo (CFAS) wishes 'Amazing Race' participants good luck before the event. The Race began at the Harbor View Club, and featured athletic events all the way to Saikai Pearl Sea Resort, and back. (Official U.S. Navy Photo by JOSN Jeff Johnstone)*

**JOSN Jeff Johnstone**  
 CFAS Public Affairs

Fleet Activities Sasebo (CFAS) held their own version of TV's hit series 'The Amazing Race' Thursday, April 14. Eight teams of two competed in a survival of the fittest for cash prizes. The difference between the TV show and the CFAS version was: be sure to bring your running shoes.

The race began bright and early at 8 a.m. at the Harbor View Club, as competitors decided team names, were assigned numbers and were given ultra-visible orange t-shirts to wear. The first event tested competitors problem solving skills, as they were given two baskets, one containing locks, the other with keys. The goal was to unlock as many random locks with random keys as possible in 60 seconds.

After being stified with this task, participants laughed when Senior Chief Master-At-Arms Robert Ford joked that there was a "master key" in the basket that opened all of them.

Following the key event, competitors took off to the Fleet Gym basketball court, on foot, to their next evolution. Each team would chose a representative to try to hit as many free throws as possible.

The next event began right outside the gym, as competitors grabbed a three-and-a-half oz. cup of water, and were tasked with bringing it to the

Nimitz Park softball field. From there, the amount of water remaining in the cup following a run from Fleet Gym was measured.

Next up at Nimitz, a literal 'Hogan's Alley' target range was set up, as competitors took aim at the targets with paintball guns. The target was plastic cups, with additional points awarded to shots fired at designated areas.

After receivintg freshly filled water bottles, it was off to Main Gate to begin a near-two mile run to Saikai Pearl Sea Resort.

Guides posted along the way directed competitors in the right direction. Once arrivintg at Saikai resort, one would almost be dejected to discover the next event was merely a puzzle depicting where to go next...following the two mile run back.

The puzzle directed racers back to Nimitz Park, where a rock wall climb awaited them.

The turf field housed the final event, as competitors were tasked with lifting and carrying a 130 pound dummy to midfield and back. The weight seemed a lot of heavier after all the running.

Too add to the challenge, as well as to put on more pressure, if the dummy (prone to losing limbs) were to be dropped or dragged across the turf, the whole evolution would have to begin over again, not to mention an obvious point deduction.

Morale, Welfare and Recreation (MWR)

planned the event, which proved to be a successful new idea in their efforts to provide fun for the community.

"I want to sign up there next paintball match, because I enjoyed it, and would like to try it," said Yeoman Seaman Hubert Bince. "I thought the race was extremely cool."

**JOSN Jeff Johnstone competed in the event.**

## A thanks to the CFAS community

"I wish to extend a heartfelt thank you to Capt. James and the entire Sasebo Navy Community for their outpouring of support, welcoming the Essex (LHD 2), Juneau (LPD 10), Harpers Ferry(LSD 49) and supporting units back from their recent deployment. Special thanks to all who were instrumental in the coordination of the Welcome Home events. This celebration of return has been the largest the Sasebo community has ever done, and will be long remembered by the afloat units."

**-Rear Adm. Victor G. Guillory**  
 Commander, Amphibious Group ONE

# Navy urges Sailors to take steps to avoid identity theft

Fleet & Family Support Marketing Program,  
*Commander, Navy Installations Millington*

The Navy is reminding Sailors to be vigilant in protecting their personal information.

Identity theft, according to the Federal Trade Commission (FTC), occurs when someone uses your personal information, such as your name, Social Security number (SSN), credit card number or other identifying information, without your permission to commit fraud or other crimes.

“Sailors can reduce the risk of becoming a victim of identity theft if they use all diligence possible,” said Al Starks, Fleet and Family Support Program (FFSP) financial educator, Naval Air Station, Joint Reserve Base, Ft. Worth, Texas, and a victim of identity theft. “Always be alert and take nothing for granted when it comes to your identity.”

“The best way to deter identity theft is to make it harder for thieves to gain access to your personal information. Guard your SSN, and never put your SSN

on your checks, said Starks.”

Starks also recommends the use of a good crosscut shredder to destroy all documents and mail that contains personal information.

“You may be surprised by how much information a thief could get just by rummaging through your trash,” he said. “Keep an eye on your mail to ensure that bills and other financial documents arrive on time, and follow up with creditors if they don’t.”

Protections on computers and other electronic equipment is equally important, Starks explained.

“Robust passwords, a good firewall, regular updates to your operating system and regular updates to your anti-virus software are necessary,” said Starks. “If you conduct business over the Internet, limit your interaction to only those sites that have security encryption.”

For those that find themselves the victims of identity theft, the FTC recommends contacting any one of the three major credit bureaus to place a fraud alert on the credit file. As soon as the

credit bureau confirms the fraud alert, notices will be sent to the other two companies. Individuals will then receive credit reports from all three companies, free of charge.

“It’s best to check your credit report at least twice a year, making sure you get reports from all three of the major credit bureaus,” advised Stark.

The FTC also recommends that victims of identify theft close accounts that may have been tampered with or opened fraudulently; file a police report and file a complaint with the FTC.

The FTC has established a Web page for military personnel at <[www.consumer.gov/military](http://www.consumer.gov/military)>, with each service having a designated section. The Navy’s link has a direct online connection for reporting identity theft at <[www.consumer.gov/military/navy.htm](http://www.consumer.gov/military/navy.htm)>.

The FTC maintains a database of identity theft cases used by law enforcement agencies for investigations.

Filing a complaint also helps the FTC learn more about identity theft and the problems victims are having.

For more information on preventing and recovering from identity theft, visit the FTC Web site at <[www.consumer.gov/idtheft/](http://www.consumer.gov/idtheft/)>, contact the base legal department or visit an FFSP financial educator.

To report identify theft to the three major credit bureaus, contact Equifax Fraud (800) 525-6285; Experian Fraud (800) 397-3742; and TransUnion Fraud (800) 680-7289.

There are 52 Fleet and FSP delivery sites worldwide. For more information on FFSP, visit <[www.ffsp.navy.mil](http://www.ffsp.navy.mil)> or call their 24-hour information and referral hotline at 1-800-FSC-LINE.

Additional information is available from Navy One Source at <[www.navyonesource.com](http://www.navyonesource.com)> or by calling 1-800-540-4123.

For related news, visit the Navy Morale, Welfare and Recreation Navy NewsStand page at <[www.news.navy.mil/local/navymwr](http://www.news.navy.mil/local/navymwr)>.

## Household Goods offers advice on beating moving rush

*Naval Supply Systems Command  
Office of Corporate Communications*

The Household Goods division of the Naval Supply Systems Command (NAVSUP) is encouraging Sailors to start planning now and be flexible in order to beat the peak season household goods moving rush, from May through August.

flexible and using the SMART WebMove online moving tool.

“Moving can be a stressful time for Navy families, but knowing what to expect and prior planning can alleviate many of the worries associated with household goods moves,” noted Ron Fevola, NAVSUP’s Household Goods director.

Household Goods offers some helpful

“Both spouses also should know what to do in case of difficulty during a move, and know their responsibilities in releasing and accepting shipments,” Fevola added.

Household Goods advises that members can also avoid excess costs by taking the time to estimate shipment weights. It is their responsibility to keep personal property under their weight

allowance; shipping excess weight can be expensive.

Plans can change between when the move application is made and the time the shipment is

delivered. When any change occurs that could affect a shipment, members are encouraged to immediately contact the destination’s personal property office with the new information.

Members should then contact the

*Please see **Goods**, Pg. 4*

“Moving can be a stressful time for Navy families, but knowing what to expect and prior planning can alleviate many of the worries associated with household goods moves.”

**-Ron Fevola**

*Household Goods Director, NAVSUP*

These months are a busy time for service members who are moving household goods, due to overloaded packing crews and short supplies of trucks and storage capacity.

Sailors can be better prepared for household goods moves by being informed, planning ahead, remaining

tips to make moving easier for service members.

Married service members should include their spouse during move counseling to better communicate moving needs. If one spouse cannot supervise the move, then the other spouse should be prepared to do so.

## Safety Corner: Seatbelts save the lives of Sailors

**Charles Carr**  
*CFAS Safety Department*

Two Sailors departed their homes and were headed to Little Creek Amphibious Base for work.

Cruising along at about 55 mph, everything was going fine as they approached an on ramp. The Sailor driving looked to her right and noticed a Ford pickup traveling along the on ramp at what appeared to be an accelerated rate of speed. The operator of the Ford truck accelerated even more in an attempt to “beat” the Sailor’s vehicle to the merge lane. The truck’s operator noticed a state

police vehicle just ahead and over a slight hill in the center median of the roadway.

You guessed it! The policeman was checking traffic for speeding vehicles.

The truck’s operator was traveling at a speed, which evidently was faster than the posted speed limit. So, once the truck’s operator spotted the police car, he immediately broke hard, changed lanes without warning and cut into the path of the Sailor’s vehicle. According to the Sailor, things happened very quickly, and to avoid hitting the truck, she also braked hard and swerved hard to her left. With the adrenaline flowing, she managed to avoid the truck but lost control of her

car. Her car continued across three lanes of traffic. Her car finally came to rest, only after striking the right rear/side area of the police car.

Both Sailors were transported to a local hospital. Neither had life-threatening injuries. Both were wearing their seatbelts. The Ford driver was pulled over by a motorcycle officer eight miles down the highway. Among the numerous citations issued was one for driving with a suspended license. That coupled with the fact he had several outstanding citations cost him his license forever and some jail time.

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Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

**Sasebo Soundings**  
**PSC 476 Box 93**  
**FPO AP 96322-1100**

# Fort McHenry spouses educate porcelain buyers

**JOSN Jeff Johnstone**  
*CFAS Public Affairs*

Fort McHenry spouses are taking the time to put their interesting hobby to educational use in the Sasebo community. The spouses are sponsoring a series of lectures educating would-be porcelain customers about the ins-and-outs of one

of Japan's economic gems. "What we are trying to do is educate people (about porcelain) so they can spend their money more wisely, and more importantly, have a better appreciation for the porcelain product," said Holly Mateikat, an avid collector of Japanese porcelain. "The more educated a

consumer is about the porcelain, the better they can spend their money." Casual porcelain consumers, or those possibly buying the product for the novelty of merely possessing a Japanese souvenir, may actually be short-changing themselves when they head to the markets. The lectures provide guest speakers from the various kilns.

"The idea is to provide a brief history of the speaker's kiln, including the kiln's contributions to the porcelain industry, and to offer an explanation of the kiln's philosophy on porcelain," said Mateikat. "The philosophy session explains the kiln's inspiration behind their design. For example, Gen-emon tries to show the human experience in their product. Other kilns like Fukagawa try to reflect nature in their porcelain," said Mateikat.

"There are thousands of porcelain kilns (factories) in the Arita area alone," said Mateikat. "In March we invited a member of the Gen-emon kiln to speak at our first lecture. The Gen-emon kiln is rated the third best kiln in Japan, so that's really saying something," she said.

Other fine kilns include Kakiemon, Imaemon and Taroemon, who specialize in stoneware.

"Japanese porcelain is reknowned all over the world, and has a huge market," said Mateikat. "The kilns don't have to export, because there are collectors all over the world. The late Pope John Paul II visited Sasebo in 1983, and was given Gen-emon porcelain as a gift. It's now on

display in the Vatican complete with a letter of authenticity. The emperor of Japan once bought the prince Gen-emon porcelain," said Mateikat.

Attending these lectures can teach porcelain lovers even more, and help potentially new collectors understand more about the product.

"There's a saying framed on the wall inside the Gen-emon kiln that explains their philosophy," said Mateikat. "It says 'One cannot understand the present without understanding the past.'" For more information and/ or directions, about the lectures, contact Mateikat at 090-7455-7928.



USS Fort McHenry's (LSD 43) Commanding Officer (left) accepts a porcelain mug from the manager of the Gen-emon showroom and museum, as a porcelain collector looks on during a visit to the Gen-emon kiln in Arita. Kiln members are extremely proud of their



A porcelain lantern greets visitors of the Gen-emon kiln. (Released by CFAS Public Affairs)

# Blended learning initiative blazes trail in instruction

**Journalist 1st Class (SW/AW) John Osborne**  
*Naval Personnel Development Command Public Affairs*

The Navy's Video Teletraining (VTT) program will get a shot in the arm in the coming months when the program upgrades and integrates with the Blended Learning Initiative (BLI), a \$2.8 million upgrade granted by Congress to incorporate a networked classroom into the VTT network.

Blended learning seeks to maximize the available resources that support learning, training, and business activities by identifying how the learning audience can best achieve mastery of the content being learned. It is a balance between business and performance objectives, the way groups of learners learn best, and the various ways that the material can best be individualized, presented and learned.

According to Bruce Walker, program manger for BLI, this integration of two of the Navy's most productive training tools is not only a win in cost avoidance, but it will also allow Sailors access to the best instruction without the stress of travel or personnel loss to their parent command.

"The Revolution in Training (RIT) requires us to use the resources we have in the best possible manner," Walker said. "It calls for us to train in non-traditional formats, utilizing tools we have never used before. I see this as the next step in training more efficiently and effectively. When we can get Sailors in the classroom without sending them away from the commands and their families, it is a good thing."

Since 1989, VTT has provided training to more than 97,000 students and saved the Navy approximately \$30 million, operating out of hubs in Training Support Center (TSC) San Diego and TSC Hampton Roads. There are 39 Navy and Marine Corps VTT classrooms that broadcast to 27 nationwide shore sites, nine aircraft carriers and 14 large deck amphibious assault ships. BLI will make it even better by combining VTT and Web-based learning into one classroom.

Currently, there are plans to build four BLI classrooms and refurbish ten existing VTT classrooms (five on each

the command will save \$10,031.84 by keeping them in Washington State and having their class taught via VTT. This doesn't even take into account the intangible factors such as fatigue, stress and Sailors having to possibly make arrangements to have their personal affairs handled while they are gone.

"We are going to be able to teach any course that is taught in the Automated Electronic Classroom (AEC) in one of the BLI classrooms," said West Coast VTT Hub Manager, Jim Isaac. "The instructor can be located in Athens, Ga., and simultaneously be teaching students in Florida, California and Washington. From the fleet point of view, it's a big plus because they don't lose them for as long. If it's a three-day course, their command only loses them for three days instead of five, because there is no travel time."

Walker said that ultimately, BLI would tie into the Naval Education and Training Command's (NETC) Training, Resource, Advocacy and Information Network Community of Interest (COI). Curriculum currently being developed for the Integrated Learning Environment (ILE) will be delivered to remote sites using the VTT connectivity with the Navy Video Tele-Training network.

"It's just a natural progression of integrating these two separate Navy networks and using them as a training vehicle," Walker said. "We can't afford to have these two networks that have operated independently continue to exist as separate entities. The structure is in place. It's a matter of integrating them and leveraging their assets in ways we haven't done in the past."

For related news, visit the Naval Personnel Development Command/Task Force EXCEL Navy NewsStand page at <www.news.navy.mil/local/tfe>.

"It's just a natural progression of integrating these two separate Navy networks and using them as a training vehicle."

**Bruce Walker**

*Program Manager, Blended Learning Initiative*

coast) that don't currently have network capabilities. Each classroom will have 16 work stations networked with the instructor station. The first will be installed in Port Hueneme, Calif., for the Construction Battalion Center at the end of April, with the second later this summer at Naval Hospital Balboa in San Diego. The other two will be operational by the end of this fiscal year at Center for Personal Development in Norfolk and Submarine Learning Center in Groton, Conn.

To put the potential savings in perspective, per-student cost avoidance for five days of temporary assigned duty (TAD) can range anywhere from \$715 (TAD from Mayport, Fla., to Norfolk) to as much as \$1,696 (Guam to Pearl Harbor, Hawaii). For a one-day course for 14 students traveling from Whidbey Island to San Diego,

# Task Force Uniform begins discussion of second phase

Task Force Uniform Public Affairs

As Sailors around the fleet continue to assess the new Navy Working and Service Uniform concepts, a panel of petty officers, chiefs and officers began



*The Secretary of the Navy converses with Task Force Uniform (TFU) volunteers at the Pentagon in February during the first phase of TFU. (Official U.S. Navy Photo by Chief Journalist Craig P. Strawser)*

discussing the second phase of Task Force Uniform (TFU) during a uniform board scheduled April 12-15.

As with phase one, this 28-Sailor panel representing Sailors and commands around the globe is being guided by the TFU charter outlined by the Chief of Naval Operations (CNO), the CNO's 2004 Guidance to the Fleet, as well as their experience with the proposed changes seen to date.

CNO-directed Command Master Chief (CNOCM) Robert Carroll, director of TFU, said there are no preconceived ideas going into the conference about changes the board could be making to current uniforms.

"The main plan with phase two is to continue to make common-sense decisions in regards to our uniforms, and work on those which may not have had the highest degree of disapproval in the initial survey," he said. "Phase one focused on working uniforms for all Sailors and service uniforms for E-6 and below. These were the two areas many Sailors believed were the biggest problem areas in the seabag."

After the board met for the first time and discussed what they had seen in the initial phase of TFU, Master Chief Petty Officer of the Navy (MCPON) Terry Scott said the panel must be extremely sensitive to Sailors' concerns and not be tempted to rush any judgment on decisions that could affect the Navy for many years to come.

"We're not going through the process to come up with a quick answer on any of these topics," said Scott. "In fact, I think we're taking the right amount of time with regards to the wear test and any future implementation. I want everyone to have the opportunity to voice his or her concerns."

Carroll said there are four proposed topics on the current agenda outlined for the week of discussion. The first is the question of having a physical training

(PT) uniform for all Sailors, and if so, what that uniform should look like. Second is the decision of what to do, if anything, with service uniforms for E-7 through O-10.

"The question is to continue with the concept started with one year-round service uniform for E-6 and below, and the Task Force is reviewing the idea of employing the same idea for E-7 and above," he said.

The third and fourth items on the agenda deal with service dress and dinner dress uniforms. Carroll suggests a discussion is needed for consolidating dress uniforms and to make those uniforms more practical.

"The original survey said that seamen and petty officers were interested in keeping their traditional dress uniforms," he said. "However, there may be improvements that can be made to make the material more comfortable."

As the efforts of TFU progress toward potential changes, the one constant through the process has been an eye toward tradition and maintaining uniforms that connote naval service.

TFU is currently constructing Web-based surveys to provide Sailors the opportunity to register their opinion on the Navy Working Uniform and Service Uniform concepts.

"The surveys are being written for participants and observers," Carroll said. "Our plan is to survey both groups separately, which allows us to better evaluate and categorize the responses."

The results of the surveys will be used to evaluate the compatibility of the new uniform concepts in a naval environment, as well as determine how to incorporate these concepts into the Navy's seabag.

## Navy Environmental Health Center launches tobacco cessation program

Hugh Cox

NEHC Public Affairs

In April, the Navy Environmental Health Center (NEHC) launches "The Smoking Lamp is Out," a new Web-based health promotion tool to help tobacco users "kick the habit."

The "Smoking Lamp is Out" is a user-friendly, Web-based program offering a wide variety of proven strategies and techniques for tobacco users preparing to quit. Additionally, it allows users the opportunity to design a tobacco cessation program based upon their own time-table and busy schedules.

According to Dr. Mark Long, Tobacco Cessation Program specialist with NEHC, the program is a self-study and self-paced Web product and is geared to help the individual stop smoking. It may be used by the active-duty or Reserve Sailor or Marine, family member or retiree as their primary means to quit tobacco. This Web program may also be used in combination with individual counseling or with a formal tobacco cessation program.

Although tobacco cessation is typically promoted heavily during the month of November for the "Great American Smokeout," tobacco use has increased significantly throughout the Navy and

Marine Corps, necessitating an immediate and focused effort to help address the problem.

"Most smokers and dippers know that cigarettes and spit are bad for their health, yet they may downplay the terrible effects and believe that it won't occur for many, many years" noted Long. "There are many positive reasons to kick the habit ranging from the monetary savings gained and extra cash to be used for other positives, to improved fitness and better health; more time for other activities; being a positive role model; and probably most importantly - enhanced military readiness."

Statistically, the Department of Defense's smoking rates are much higher than the civilian population. Within the Department of the Navy, 36 percent of Sailors and 38.7 percent of Marines smoke cigarettes. Cigar smoking is also fashionable among the military population, with 33.6 percent of Sailors and 42.5 percent of Marines identified in studies. The prevalence rate for smokeless tobacco among Sailors is nine percent, and noticeably higher for Marines at 20 percent.

For more information on the "Smoking Lamp is Out," visit the NEHC Web site at <[www-nehc.med.navy.mil](http://www-nehc.med.navy.mil)>.

### Goods, from Pg. 2

personal property office immediately upon arrival at the destination and provide updated contact information. At that time, it is advised to ask for the shipment weight. If the weight is above your weight allowance, ask to have shipments re-weighed before delivery.

Finally, on the delivery date, the member needs to be sure they are home between 8 a.m. and 5 p.m. to avoid charges for an attempted delivery.

During the summer, it is advised that members be flexible about delivery dates, and offer a preferred delivery date plus alternate dates.

"Don't wait to initiate the moving process," Fevola said. "As soon as possible, the move application can

be made online using SMART WebMove or by contacting the local personal property office."

SMART WebMove is a Web-based program managed by NAVSUP that services most routine moves. SMART WebMove accommodates Sailors with orders moving within the continental United States, between the continental U.S. and Navy locations overseas, or between Navy locations overseas.

To submit an application online, visit <[www.smartwebmove.navsup.navy.mil](http://www.smartwebmove.navsup.navy.mil)>.

Contact the Navy's Household Goods Helpline at 1-800-444-7789, or contact the local personal property office for questions about household goods transportation and storage entitlements.

**MILITARY.COM**  
**SPOUSE SURVEY**  
on licensing and certification issues  
<http://www.military.com/survey/spouse>  
Data collected will assist  
spouses with licenses/certifications  
in their future employment.

  


Chuck Milligan, Sasebo's favorite comedy hypnotist, will appear live in person at several Sasebo locations this month. The free performances are scheduled for 8 p.m. Monday, April 18 at the Harbor View Club; 8 p.m. Tuesday, April 19 at the Hario Village Theater; 8 p.m. Wednesday, April 20 at Galaxies and 8 p.m. Thursday, April 21 at Galaxies. For more information, call 252-3472.

Earn more points for your participation in the Captain's Cup Competition by participating in the Team Dodge Ball Competition scheduled for Monday, April 18 at the Fleet Fitness Center. The event will get underway at 5:30 p.m. Team entries are due to the Fleet Fitness Center by Wednesday, April 13. For more information, call 252-3588.

Comedians Joe & Guy Torry are scheduled to perform live on stage at Galaxies on Tuesday, April 19. The former host of HBO's Def Comedy Jam, Joe Torry made his film debut in John Singleton's *Poetic Justice*. Since then Joe has starred in a wide range of roles including: *Strictly Business*, *Fled*, *Tales from the Hood*, *Sprung*, *Lock Down* and *Back in Business*. His television credits also include *N.Y.P.D. Blue*, *Navy N.C.I.S.*, *Girlfriends*, and a recurring role on top rated *ER*. His brother Guy Torry has numerous feature films to his credit including *The Runaway Jury*, *Pearl Harbor*, *The Animal*, *Don't Be A Menace to South Central* and *American History X*. Guy has also received critical acclaim for his work on the small screen, have starred in NBC's *The 70's*, HBO's

If you are a registered Girl Scout leader or parent and would like to receive outdoor training, now's your opportunity. Training will be conducted on Monday and Tuesday, April 18-19 at the Hario Chapel. Participants will be expected to sleep in tents overnight as part of the training program. Interested Girl Scout leaders and parents must register in advance in order to participate. For more information, call Teresa Kremer at 252-8558.

The Fleet Fitness Center folks have set up a Team Tennis Tournament on Monday, April 18 at the Main Base Housing Tennis Courts. This is a Captain's Cup event, with points going to participating teams. Team entries are due to the Fleet Fitness Center by Wednesday, April 13. For more information, call 252-3588.

Good things are always cooking' in the kitchen at Galaxies, and the month of April is certainly no exception. Their April Monday special features pita taco supreme served with refried beans and Mexican rice. On Tuesday the special is oriental grilled chicken salad served with soup and bread sticks. On Wednesday the lunch special is Korean chicken served with steamed rice or fried rice and an egg roll. The Thursday special features spaghetti & meat sauce served with a tossed salad and bread sticks. Their Friday special for April includes Cajun fried fish served with French fries, coleslaw and a dinner roll. The Galaxies Food Court daily lunch specials, served from 11 a.m. while supplies last, are only \$5, and that includes a soda. For more information, call 252-2980.

## *Living in Japan: Cherry Blossom's magical aura*

This is without a doubt the most beautiful time of the year to be in Japan. The blossoming of the frail cherry blossoms is anticipated as the truest harbinger of springtime to the Japanese people. The cold bleak days of winter are behind us for another year, and the promise of summer lies just around the bend.

Cherry blossoms are almost mythological in the Japanese culture. Poems have been written, stories and epic tales have been passed down through generations, and the brief, but beautiful, life of these delicate pink and white blooms is seen as the perfect analogy to the heroic life of a Samurai. Quick to burst forth, admired by all, and falling after such a short existence.

I'd like to think that the mystery of these lovely flowers has deepened here in Sasebo over the past couple of weeks. The trees of Kyushu almost always bloom in the last week of March, to be followed by the blooming of the trees in the Kanto Plains region, around Yokosuka and Tokyo, in the first week of April each year. As if holding their breath awaiting the return of our modern day Samurai aboard the ships of Amphibious Squadron ELEVEN, our trees bloomed fully 12 days late this season – pretty much beginning just as our ships were arriving in Okinawa on the final leg of their long journey home.

Their blossoming added much to the decorations that accompany such a homecoming event. They brighten parks, sidewalks and destination sites where our returning Sailors will stroll and take their families as they reconnect after such a long absence.

Such brilliant planning and execution is beyond the scope of the Joint Chiefs of Staff or any other elected or dictatorial body or power. It is a haphazard happening that occurs at the whim of nature but, at least this time, seemingly with a degree of forethought and bravado by someone or something that cannot be logically explained.

It is good to have our ships back home. The men and women of all seven of Sasebo's permanently forward deployed vessels do a remarkable job at all times. Such extended deployments just heighten our everyday awareness of the sacrifices they are making on behalf of our nation.

I was very proud of the magnificent job this community did to express our appreciation and warm welcome on April 6. There was a village of people, cooking at hearth fires and carrying their foods to a central town common to partake as our earliest American ancestors did, in celebrating a bountiful harvest, their survival through a daunting seasons vicious storms, or the return of a fleet of vessels that had crossed a broad ocean.

Thank you Sasebo – April 6 epitomized everything that is good about you. From the beauty of the trees to the beauty of your giving hearts – the view was magnificent.

**ONE FREE MOVIE!**  
with the new MWR  
**CINE-PASS**

Receive one stamp for each movie admission.  
Collect 7 stamps, your 8th movie is **FREE!**

**ON SALE NOW!**

**Cine-Pass**  
available for purchase at:  
• Showboat Theater  
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For more information:  
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**Great Gift Giving Idea!**

1. All sales are final. No refunds.
2. Used cards will not be replaced.
3. This card can be used for multiple admissions.
4. A child's CINE-PASS CANNOT be used for an adult's admission.
5. Admissions to feature film screenings only.
6. Any card that has been misused, defaced or is deemed illegible will not be accepted.
7. This card has no expiration date.
8. No backstage, trailers, suites, clubbox or suites are allowed in the theater.
9. No outside food or beverages allowed.
10. CINE-PASS is for use at the Showboat Village Theater.

# E.J.King, NROTC supports Earth Day 2005

**Thomas Smith**  
*CFAS PWD Environmental*

On Saturday, April 9 members of the E.J. King NROTC program and Public Works Department (PWD) Environmental joined to prepare for the earth day tree planting on April 21.

In support of planting a new Japanese oak tree in the area between Sasebo Elementary and the E.J. King Library building, a smaller maple tree had to be relocated. Work began at 1 p.m. and after nearly one hour of laboring to get through hard clay-like soil imbedded with stone and debris, a new home was finally prepared for the maple. Jade Sanders, Geoffrey Boudreaux, and Thomas Smith of PWD Environmental then set about



*E.J. King NROTC members team with a member of PWD to plant a Japanese oak tree. (Released by CFAS Public Affairs)*

the task of moving the tree to its new location near the flagpoles.

Having moved the maple room was now ready for the addition of the new oak tree to what is hoped will become a small park-like area to commemorate future earth day celebrations. From start to finish the process took nearly two and a half hours to complete.

Following is the complete schedule of events for Earth Day clean-up:

Assemble in front of the Community & Education Center Apr. 18 at Main base, back of SSK and around the fence line from 9-11 a.m.

Apr. 20 at E.J. King (main base housing) and Nimitz Park from 9-11 a.m.

Apr. 21 at Hario from 1-3 p.m. (bus will be provided to and from Hario & Main base).

# New check cashing policy at MWR facilities

*MWR Marketing*

The Sasebo Morale, Welfare & Recreation Department (MWR) has implemented a new check cashing policy designed to assist customers making payment with personal checks while significantly reducing the expense traditionally associated with bad checks.

Customers must now include their sponsor's name, sponsor's command, sponsor's work phone number, home phone number, cellular phone number (if available), work phone number, current address and the last four digits of their social security number on all checks before they can be processed at any Sasebo MWR facility. Additionally, customers at Sasebo MWR facilities will no longer be able to receive more than \$100 in cash from a personal check in any given day.

Under the new policy, all returned checks will be referred to Intellicheck

Recovery, a U.S. company specializing in processing and recovering damages as a result of non-payable checks, for collection. Presentation of a check as the form of payment for any transaction(s) that take place in a Sasebo MWR facility makes the customer fully responsible for any and all penalties, costs and incidental damages allowable under law.

Penalties may include return check charges, interest, collection costs, legal expenses, attorney fees and any expenses incidental to the principal obligation of any check that is returned as non-payable. The company intends to aggressively pursue check collection procedures to the fullest extent of the law, for military and civilian personnel and their family members, no matter if they remain assigned to a unit in Sasebo, are reassigned to another duty station or terminate their agreement with the Department of Defense.

In cases where all possible bad check collection efforts prove unsuccessful, the company can apply for reimbursement through the Defense Accounting System (DFAS). In such cases, DFAS will electronically deduct all debts owed to the company from DoD paychecks and, if necessary, from federal tax returns due to the individual involved. Bouncing checks with MWR will now affect an individual's national credit rating, as Intellicheck Recovery will report all credit issues to banking and credit card companies throughout the U.S. Credit ratings affect an individual's ability to secure loans, obtain credit cards or establish lines of credit at most businesses throughout the country.

Credit ratings also affect loan interest rates individuals can qualify for. The new check cashing policy is being implemented to relieve MWR from the expense of collecting on bad checks. Intellicheck will automatically reimburse MWR for the amount of the returned check, then aggressively pursue the individual for collection.

The program is expected to eliminate the need for MWR to write off bad debts incurred through their check cashing services, and free up funds that can be used for additional programs and services.

# Jewish passover seder to be observed

*released by CFAS Religious Ministries*

There will be a Jewish Passover Seder on Saturday April 23. Whether active duty, family member, or civilian, Jewish personnel are invited to participate. Point of contact is Ensign Nick Parker at 252-1212.

Passover is an eight day observance commemorating the freedom and exodus of the Israelites (Jewish slaves) from Egypt during the reign of the Pharaoh Ramses II. To celebrate, it has now become a time when families and friends gather and retell the story of Passover while reading the Passover book, the Haggadah.

Like most holidays, the focal point is food, with this special meal being known as a Seder. The most

significant item at the Seder is the matzah, an unleavened bread which commemorates the Israelites who fled quickly into the desert with no time for their breads to rise. They were forced to bake the dough into hard crackers in the desert sun. This symbolism continues today, eating only products without any yeast during the eight day holiday.

Passover begins on the 15th day of the Jewish month of Nissan. As the Jewish day begins at sundown the night before, for the year 2005, the first night of Passover will be April 23. We invite all Jewish personnel in Sasebo, regardless of rank, to join us this first night of Passover.

# College can lead you to the cutting edge

**Jessica Grant**  
*Navy/Marine Corps Relief Society*

Are you thinking about going to school? Maybe you are planning on finishing the degree you already have started. Or perhaps you are making a career change. Have you ever wondered the value of a college education? According to the Economic Policy institute (EPI), College graduates on average make 50 percent more than their high school graduate counterparts. A generation ago that average was 20 percent meaning that earning power has increased and will continue to increase.

College educations can be considered a wise investment. The EPI study found that those with college degrees have a three percent chance of being unemployed while that number for high school graduates triples to a nine percent chance of being unemployed. While a college degree cannot ensure automatic success it can give you an advantage over others.

The Navy-Marine Corp Relief Society (NMCRS) can help your dreams of obtaining your degree become a reality. Whether you are seeking a certification, associates, bachelors, or graduate degree, NCMRS can cover up to half of your tuition expenses. NCMRS's Student Tuition Assistance Program (STAP) is a need-based educational scholarship program that provides spouses residing overseas with active duty Sailors and Marines the opportunity to pursue their educational goals. STAP is applied for each Term and requires a complete budget work up once a year with a review done at each subsequent appointment. At your initial appointment you will need to bring a recent copy of your spouse's LES, your earnings statement if employed, military ID, and completed paperwork. The STAP applications are being accepted: TERM 5: April 18-May 20 and TERM 1: June 27-August 5.

To find out more about STAP or to make an appointment please contact our office at 252-3366 or at <nmcrcs@cfas.navy.mil>.

# Sasebo schools to participate in 2nd Soroban Taikai

Students at Sasebo Elementary School, J. N. Darby Elementary and E. J. King High School will be participating in the 2nd Annual Soroban Taikai (Festival) Wednesday, April 20 at the Harborview Club from 9:20-11:30 a.m.

They have been learning to do math computation on a soroban (Japanese abacus), an ancient calculating device still being used today in schools and businesses. Host nation teachers Makiko Tanaka (Sasebo

Elementary) and Megumi Fukui (Darby Elementary) as well as Karen Nagata (Soroban Club adviser, E. J. King Math/Science Teacher), have been working with students to develop their skills.

In addition to doing problems on the soroban, students are practicing mental arithmetic where they move beads on a mental soroban.

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**VA COUNSELING**  
**April 12-22**  
**0830-1600**

Call FFSC at 252-3604 to schedule for an appointment with the VA Representative. First come, first served basis. Limited spaces available.

The Center  
Sasebo, Japan





Fleet Gym 252-3588

Hario Gym 252-8691

# Let MWR maximize your golfing experience

**Isaiah Mincks**  
*MWR Athletics Manager*

What you have heard is true...golfing in Japan is a sport of privilege in our host nation. Golf courses are rare and exorbitant green fees and club memberships make golfing difficult for the average citizen. Courses are typically built on mountainsides, without a house in site. This, however, provides the backdrop for some of the most scenic golf views anywhere to be found.

Courses range from raggedy to plush, and the green fees vary accordingly. MWR Sports has worked diligently with the Travel & Tours office to bring you the opportunity to experience the best golfing Sasebo has to offer. From our home course of Tsukumo, to the plush fairways and greens of Huis Ten Bosch Country Club, there are courses for all player abilities and price ranges. So contact the sports office, and we will steer you in the right direction for your next great round of golf!

The MWR Sports staff has worked hard to maximize

the golfing experience for golfers of all ages and skill levels. Golf clinics are offered periodically for youth and adults, and the Sasebo Golf Club offers individuals the opportunity to compete for the yearly championship and earn valuable golf memorabilia through participation.

Simply register for an MWR tournament or clinic and you are on your way to being a member of the club. Youth, men and ladies golf clubs are also available for free checkout at the Fleet Fitness Center, seven days a week (right and left-handed sets).

Over the course of the calendar year, MWR Sports offers 18 golf tournaments at eight different golf courses as well as opportunities to compete in golf tournaments hosted by Torii Pines Golf Course at MCAS Iwakuni. Additionally, tee times and discounts are now available at nine local golf courses. The local courses currently offering discounts to SOFA status personnel are listed below, with more to come in the future. For more information, contact Mark Haley, MWR Sports Director, 252-3588.

## Courses offering discounts to SOFA sponsored personnel:

**Tsukumo Golf Course-** Nine Hole Golf Course, 20 minutes from Main Base. Green Fees range from Y700-Y1000. Tee times available through the Fleet Fitness Center.

**Mikawachi Sasebo Kokusai Country Club-** 18 hole Golf Course, 25 minutes from Main Base, 15 Minutes from Hario. Green Fees are approximately Y4600. Tee Times available through Travel & Tours at 252-3433.

**Saikaibashi Golf Course-** Nine Hole Golf Course, 35 minutes from Main Base, ten minutes from Hario. Green Fees range from Y3000-Y5000. Tee Times available through Travel & Tours at 252-3433.

**Sasebo Highway Golf Course-**Nine Hole Golf Course, 25 minutes from Main Base, 15 minutes from Hario. Green Fees are approximately Y4390. Tee Times available through Travel & Tours at 252-3433.

**Sasebo Country Club-** 18 Hole Golf Course, 25 minutes from Main Base. Green Fees not yet determined at time of printing. Tee Times available

through Travel & Tours at 252-3433.

**Hirado Golf Club-** 18 Hole Golf Course, 45 minutes from Main Base. Green Fees not yet determined at time of printing. Tee Times available through Travel & Tours at 252-3433.

**Huis Ten Bosch Country Club-** 18 Hole Golf Course (Jack Nicklaus Design), 40 minutes from Main Base, 15 minutes from Hario. Green Fees Range from Y10,000 to Y13,000. Tee Times available through Travel & Tours at 252-3433.

**Takeo/Ureshino Country Club-** 18 Hole Golf Course, 50 minutes from Main Base. Green Fees Range from Y6,300 to Y18,690. Tee Times available through Travel & Tours at 252-3433.

**Nagasaki Kukoh (Airport) Country Club** - 18 Hole Golf Course (Jack Nicklaus Design), 60 minutes from Main Base, 30 minutes from Hario. Green Fees Range from Y6,300 to Y11,825. Tee Times available through Travel & Tours at 252-3433.

# Fitness Tip: Make the most of your treadmill training

**Alec Culpepper**  
*Fitness and Aquatics Director*

**Explore your options:** Get to understand the programs your machine offers. For example, we have Life Fitness treadmills that offer many different programs including manual, hills, heart rate training and random just to mention a few. They are also equipped with the Army, Navy and Marine physical readiness tests.

**Lighten Up:** Lace up your lightweight racing shoes for a treadmill run to lessen the load on your legs and help speed turnover. Lightweight shoes make you feel fast, and because of the superior cushioning of treadmills, you can get away with doing your workouts in racing shoes.

**Keep your chin up:** Runners tend to look down constantly at the display console as they run. That results in poor posture and could put more stress on the hips and knees. Cover the console with a towel; better yet, beat boredom by watching TV.

**Cool it:** warmer interior temperatures accelerate sweat loss. The ideal treadmill-running temperature is 60 degrees F. To avoid dehydration at the gym, drink up to 8 ounces of your favorite sports drink or water a better choice every 20 minutes while running.

**Elevate matters:** Alter your training by using the incline it will help your strength and speed. It will also help you when you get back outside on the road. It is also good for variety. Change things up to help your training and add variety to your program.

## A jammin' performance...



*A player from team BLF dazzles the crowd with a one-handed jam in the second half of a 71-57 victory over the Fort Mac Tuesday, April 12. (Official U.S. Navy Photo by JOSN Jeff Johnstone)*

## Upcoming Sports/Events

### Upcoming swimming events:

August 28: Nagasaki Northern Masters Swim meet at Sasebo municipal pool, next to Nimitz Park  
4 September: Kyushu Masters Swim Meet at Fukuoka (need to be registered as Japan Masters Swim Association)

October 30: Nagasaki Prefecture Masters Swim Meet at Shimabara City

November 13: Nagasaki Prefecture Sport Festival (we are the Sasebo City Team member) at Sasebo municipal pool

FMI: Alec Culpepper, Fitness & Aquatics Director at 252-2927

### Fitness Assessments

Tests on flexibility, strength, cardiovascular fitness. Health risk appraisals for cancer, diabetes, heart disease, stress, and depression. Stop by Hario or Fleet Fitness Centers for an appointment. \$10 for civilians, active duty free.

### Tax Day 3K Run

Hario Fitness Center, 10 a.m., Saturday Apr 16th  
Men, women & youth categories

### Earth Day PRT Command Challenge 3K:

Friday, April 22 at 11:30 a.m.  
Event held in Nimitz Park  
Awards will be presented to the top finishers  
**Captain's Cup Points will be given to participating Commands.**

### Singles Handball Tournament

Tuesday, April 26 at 5:30 p.m.  
Fleet Fitness Center on the racquetball courts.

**FROM THE BENCH**  
with hosts  
**Isaiah Mincks**  
**Dennis Lebling and Dave Glazier**  
Thursday mornings 8:00 – 9:00

**Sports Results:**  
**April Fool's Day 3K**  
**Female**  
**3rd** 16:02 Krista Suriben - E.J. King  
**2nd** 15:09 Jennifer Veltcamp - Dental  
**1st** 14:56 Sarah Watson – E.J. King  
**Male**  
**3rd** 11:45 Billy Bunton – Air Force  
**2nd** 10:32 Trent Veltcamp – Dental  
**1st** 10:20 Scott Husseman - MWR